Six-Banana Banana Bread

🍌 Not sure what to do with overripe bananas you have on hand? Make this Six-Banana Banana Bread! This is the best banana bread recipe EVER — it's so moist and flavorful!

Prep Time	Cook Time	Total Time
10 mins	1 hr 8 mins	1 hr 18 mins

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4.62 from 283 votes

Course: Bread, Rolls, Muffins & Breakfast Cuisine: American
Keyword: banana banana bread, best banana bread, how many bananas in a cup, moist banana bread, overripe banana recipes, ripe banana recipes, what to do with overripe bananas
Servings: 1 Calories: 305cal Author: Averie Sunshine

Ingredients

- ⅛ cup unsalted butter melted
- ⅕ large eggs
- ⅛ cup granulated sugar
- ⅛ cup light brown sugar packed
- ⅛ cup sour cream or thick Greek yogurt
- ⅛ tablespoon vanilla extract or to taste
- ⅗ medium/large very ripe bananas mashed (2 1/2 cups mashed bananas; if your bananas are huge you may only need 4 or 5; if they're small, you may need more)
- one 3.4-ounce box vanilla instant pudding mix not Cook 'n Serve
- ¼ cups all-purpose flour
- ⅐ teaspoons baking soda
- ⅛ teaspoon cinnamon
- ⅛ teaspoon salt or to taste

Instructions

1. Preheat oven to 350F. Spray a 9×5 loaf pan with floured cooking spray, or grease and flour the pan; set aside. (If necessary, you may need to use a muffin pan or mini loaf for pan a small amount of batter.)*
2. In a large microwave-safe bowl, melt the butter, about 1 minute on high power. Allow the butter to cool momentarily so you don't scramble the eggs.
3. Add the eggs, sugars, sour cream, vanilla, and whisk to combine.
4. Add the bananas and stir to incorporate
5. Add the pudding mix (just add it dry like a dry ingredient; don't actually make pudding), flour, baking soda, cinnamon, optional salt, and fold in with spatula or stir gently with a spoon; don't overmix or bread will be tougher.
6. Bake 9×5 loaf for 60 to 75 minutes (I baked 68 minutes), or until the top is domed, golden, and the center is set, and a toothpick inserted in the center comes out clean, or with a few moist crumbs, but no batter. **Tip** - In the final 10 to 15 minutes of cooking, or at any point if

your bread is getting a bit dark before the center is setting, tent with foil. There are a lot of moist bananas to cook through in this loaf so if it takes longer than the estimated time to cook through, do so. Do not pull it from the oven, and decide later that it wasn't quite done!

7. Allow bread to cool in pan for about 20 minutes before turning out on a wire rack to cool completely before slicing and serving. Serve plain, or with butter, jam, or your favorite spread. Makes excellent French toast.
8. **Storage** - Bread will keep airtight at room temperature for up to 5 days, or in the freezer for up to 4 months.

Notes

- If you can't find pudding in your area (international readers write about this), I recommend adding one-quarter cup of additional flour, two teaspoons of cornstarch, and a dash of extra sugar.
- *If baking a mini loaf is necessary, bake for about 35 minutes, or until done; I estimate 2 or 3 muffins will take about 20 to 25 minutes.
- Baking times for loaves will vary based on moisture content of bananas, pan sizes, climate, and oven variances. Bake until done; watch your bread, not the clock.

Nutrition

Serving: 1slice | Calories: 305cal | Carbohydrates: 59g | Protein: 5g | Fat: 6g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 0.2g | Cholesterol: 45mg | Sodium: 298mg | Potassium: 315mg | Fiber: 3g | Sugar: 29g | Vitamin A: 235IU | Vitamin C: 6mg | Calcium: 27mg | Iron: 2mg

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